



A Guide to Halal Food Selection

**Table C : Islamic Status for the Permissibility
of Various Food Additives**

S/N	Food Additive	Code No	Functions	Islamic Status
1	Acacia gum	414	Stabilizer, emulsifier	Halal
2	Adipic acid	355	Tartness	Halal
3	Agar	406	Gelling agent, retards sugar crystallization	Halal
4	Algin	404	Suspending & thickening agent, film forming agent, prevents syneresis	Halal
5	Alkali		Adjusts alkalinity	Halal
6	Ammonium carrageenan		Gelling agent	Halal (Plant)
7	Antioxidant		Stabilizes fatty acids	Questionable
8	Artificial colour		Adds colour	Halal
9	Ascorbic acid	300	Vitamin C, stabilizer, colour preservative	Halal
10	Benzoate of soda		Preservative	Halal
11	BHA Butylated hydroxyanisole	320	Chemical preservative, antioxidant	Halal
12	BHT Butylated hydroxyanisole	321	Chemical preservative, antioxidant	Halal
13	Calcium carrageenan		Thickener, gelling agent, improves body & mouth feel	Halal (plant)
14	Calcium disodium EDTA		Sequestrant, stabilizer	Halal
15	Calcium propionate	282	Preservative	Halal
16	Calcium saccharin	954	Sweetener	Halal
17	Calcium salt		Flavour enhancer	Halal
18	Calcium silicate	552	Anti-caking agent	Halal

19	Calcium stearoyl lactylate	482	Whipping agent	Questionable
20	Carrageenan	407	Gelling agent, emulsifier, thickener, stabilizer, suspending agent	Halal (Plant)
21	Carrot oil		Colouring agent	Halal
22	Cellulose gum		Stabilizer, solubility	Halal
23	Citrate		Prevents crystallization, enhances flavour	Halal
24	Cobalt sulfate		Prevents oxidative deterioration	Halal
25	Corn starch		Anti-caking agent, thickener	Halal
26	Dextrin	1400	Emulsifier	Halal
27	Dipotassium phosphate		Emulsifier, stabilizer	Halal
28	Disodium inosinate	631	Flavour adjuvant	Halal
29	Disodium phosphate	1412	Emulsifier	Halal
30	Erythorbic acid	317	Chemical preservative	Halal
31	Ethoxyquin		Antioxidant	Halal
32	Ferric Orthophosphate		Nutritive	Halal
33	Ferrous gluconate	579	Nutrient/dietary supplement	Halal
34	Fumaric acid	297	Tartness, flavouring agent	Halal
35	Glutamic acid		Flavour enhancer	Halal
36	Glycerine	422	Moistness	Questionable
37	Glycerol monostearate		Moistness, emulsifier	Questionable
38	Glycine		Sweetener	Halal
39	Guar gum	412	Stabilizer, thickening agent	Halal
40	Gum arabic	414	Emulsifier, thickening, adhesive	Halal
41	Gum tragacanth	413	Thickener, binder, stabilizer	Questionable
42	Hydroxylated		Emulsifier	Halal
43	Invertase		Prevents crystallizing	Halal
44	Isopropyl citrate		Improves & protects flavour	Halal
45	Lactic acid (synthetic)	270	Adjusts acidity, flavouring agent	Halal
46	Lactostearia		Emulsifier, inhibits spoilage	Halal
47	Lactylate		Inhibits spoilage, flavouring agent	Halal
48	Lecithin	322	Emulsifier	Questionable

49	Malic acid	296	Flavour enhancer, acidulant	Halal
50	Malt diastase		Prevents crystallizing	Halal
51	Methyl cellulose	461	Vegetable gum thickener, emulsifier, stabilizer	Halal
52	Methyl silicone		Better frying, antifoam	Halal
53	Mono-glyceride and Di-glyceride	471	Improves texture	Questionable (Halal only when the source is plant)
54	MSG (Mono-sodium glutamate)	621	Flavour enhancer	Halal
55	Oxysterin		Inhibits crystallization, release agent	Questionable
56	Pectin	440(a)	Suspending agent, improves colour	Halal
57	Phosphoric acid	338	Acidulant	Halal
58	Polysorbate 60 and Polysorbate 80	435 433	Emulsifiers	Questionable
59	Potassium citrate	332	Sequestrant	Halal
60	Potassium phosphate	340	Sequestrant, production of caramel	Halal
61	Potassium sorbate	202	Preservative	Halal
62	Propyl gallate	310	Anti-oxidant	Halal
63	Propylene glycol	1520	Emulsifier agent, solvent	Halal
64	Propylene glycol alginate	405	Emulsifier	Questionable
65	Propylene glycol monostearate		Emulsifier	Questionable
66	Saccharine	954	Sweetener	Halal (discouraged for health reasons)
67	Silicon dioxide	551	Prevents caking	Halal
68	Sodium acid pyro-phosphate	450	Sequestrant	Halal
69	Sodium alginate	401	Stabilizer	Halal
70	Sodium ascorbate	301	Vitamin C, preservative, colour fixative	Halal
71	Sodium benzoate	211	Preservative, anti-microbial agent	Halal
72	Sodium bicarbonate	500	Chemical preservative	Halal
73	Sodium bisulfite	222	Chemical preservative	Halal
74	CMC (Carboxymethyl cellulose)	466	Stabilizer, prevents syneresis, retains moisture	Halal
75	Sodium caseinate	469	Binding agent, nutrient	Halal

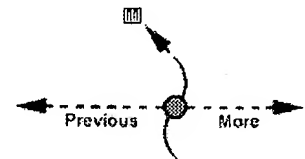
76	Sodium citrate	331	Controls acid, improves and protects flavour	Halal
77	Sodium erythorbate	318	Colour fixing agent	Halal
78	Sodium hexameta phosphate		Sequestrant, water blending agent	Halal
79	Sodium lauryl sulfate		Whipping agent	Questionable
80	Sodium nitrate	251	Colour fixative, preservative	Halal (watch for health reasons)
81	Sodium nitrate	250	Preservative, colour fixative	Halal (discouraged for health reasons)
82	Sodium phosphate	339	Sequestrant	Halal
83	Sodium propionate	281	Anti-microbial agent	Halal
84	Sodium silico aluminate		Prevents lumping	Halal
85	Sodium stearate		Conditioning agent	Questionable
86	Sodium stearyl-2-lactylate	481	Suspending agent	Questionable
87	Sodium sulfite	221	Anti-microbial, preserves colour and flavour	Halal
88	Sorbic acid	200	Chemical preservatives	Halal
89	Sorbitan monostearate	491	Emulsifier, surfactant	Questionable
90	Sorbitol	420	Improves texture, nutrient	Halal
91	Soybean lecithin		Emulsifier	Halal
92	Stannous chloride		Chemical preservative	Halal
93	Sulfur dioxide	220	Preservative, anti-microbial	Halal
94	Tartaric acid	334	Flavour enhancer	Halal
95	Titanium dioxide	171	Colouring agent	Halal
96	Vanilla		Flavouring agent	Questionable
97	Vanillin		Flavouring agent	Questionable
98	Vinegar		Preservative	Halal
99	Whey		Nutrient	Questionable (When enzymes are used, it should be investigated)
100	Yeast		Fermenting agent	Questionable (Haram when it produces ethyl alcohol during fermentation)
101	Zein		Coating agent	Halal

• The partial list of food ingredients and food additive code numbers (**Tables A, B and C**) is extracted from the book entitled, **'Islamic Dietary Laws and Practices by Mohammad**

Mazhar Hussaini (USA) and M S Ahmad Hussein Sakr, Ph.D (USA). It is useful as a guide to Muslim consumers in determining its halal and haram status. However, we would caution Muslim consumers that it should not be taken as final and conclusive because:

- i) the co-authors of the book are based in USA.
- ii) their opinions are based on the manufacturing practices in USA.
- iii) the sources and composition of the food ingredients may differ between manufacturing establishments and countries.

To find out the status of any doubtful (questionable) ingredients, Muslim consumers should call or write to the manufacturers of the products.

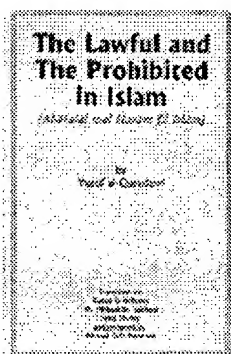




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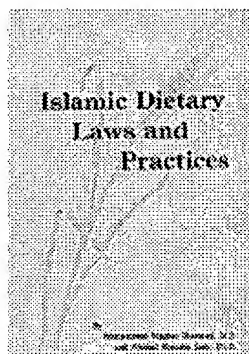
Further Readings on Halal Foods

Books Available From S'pore Muslim Converts Association (Tel: 4406924)

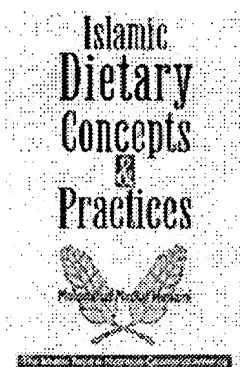


**The Lawful and the Prohibited
In Islam (335 pages)**
Author: Dr Yusof Al-Qardawi
Publisher: American Trust Publications (1980)
Price: \$18.00

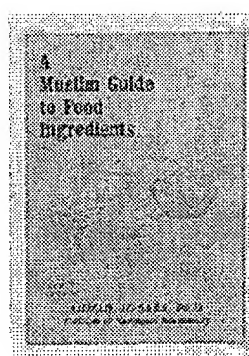
(The Malay-version is available from Hj Hashim Bin Hj Abdullah Bookshop at \$27.00, 578 pages, Tel No: 2987196)



Islamic Dietary Laws and Practices (165 pages)
Authors: Mohammad Mazhar Hussaini and Dr Ahmad Hussein Sakr
Publisher: The Islamic Food and Nutrition Council of America (1984)
Price: \$17.00



Islamic Dietary Concepts and Practices (325 pages)
Author: Mohammad Mazhar Hussaini
Publisher: The Islamic Food & Nutrition Council of America (1993)
Price: \$24.00



A Muslim Guide to Food Ingredients (195 pages)
Author: Dr Ahmad H. Sakr
Publisher: Foundation for Islamic Knowledge (1993 - 6th Edition)
Price: \$10.00

